

Senior week filled with activities

By Tawn Parent

Senior Week is scheduled for May 29-June 1.

Tuesday, an egg toss and frisbee throw will take place on the football field from 7-8 a.m. The frisbee competition is limited to no more than three participants per class. Frisbees will be provided,

and the one throwing the frisbee the farthest will be the winner.

In the egg toss, eggs will also be provided and must be raw. Only 10 persons are allowed per team.

Wednesday a tug of war will be held on the football field at 8 a.m. Teams may consist of no more than eight

people, four boys and four girls, with a weight limit of 1300 pounds.

The tricycle race and banana eating contest will be conducted Thursday on the football field at 7-8 a.m. Tricycles may not exceed three feet in height and must run on foot power, not motors. The four members of

the teams will each make one lap around the track. Banana-eaters and feeders will be blindfolded and the feeders may stuff whole bananas down their victims' throats. However, there is a time limit of 60 seconds.

Friday will be senior dress-up day. Breakfast will be at Sambo's at 6:30 a.m.,

with commencement practice starting at 8:15 a.m. All those participating in commencement are to attend the rehearsal. Then there will be a yearbook signing party until 11 a.m.

The junior/senior prom will be held at the Columbia club from 9-12 p.m.

Thomas Carr Howe High School

Tower

Volume 41, No. 13 May 25, 1979

Briefs

Flags. . . The 1979-80 flag corps was selected May 4. Hal Meurer, band director, Bill Austell, student director, Kim Frech, this year's captain, and Kim Taylor, next year's captain judged.

Girls making the squad are juniors Kim Taylor, Kim Bullington, Pam Moriarity, Mary Sutterfield, and Mary Beth Duncan; sophomores Elizabeth Rippey, JoAnn Finch, and Tawn Parent; and freshmen Lori Wineberg, Gisele Megnin, and Patricia Powell.

Sports Banquet. . . The Spring Sports Athletic Banquet will take place Tuesday, June 5. A pitch-in dinner at 6 p.m. will begin the evening. The awards program will follow at 7:30 in the auditorium.

The sports involved are baseball, boys golf, girls gymnastics and tennis, and boys and girls track.

MS Bikehike. . . The Multiple Sclerosis (MS)/WNDE Bikehike will take place Saturday, June 2, from 7 a.m.-4:30 p.m. Proceeds will be used to support nationwide programs of multiple sclerosis research, as well as local programs of service and public education.

Persons interested may pick up registration forms at the Indiana MS office, 615 N. Alabama, at all Burger King restaurants, and at Farrell's restaurants.

Thespians honor new, old members at banquet

By Mike Moore

Members of the Thespian Troupe No. 1152 had their honor banquet on Tuesday, May 22. They honored both the new and old members of the troupe and initiated nine members into the International Drama Honor Society.

New members of the troupe include: John Biale, Becky Gibson, Karin Hilton, Mark Holm, Doug Hvidston,

Gary McPherson, Raymond Miller, Michael Moore, and Julie Morse.

Seniors Steve Spicklemire and Dave Welch received the Best Thespian of the Year Award.

The Performing Theater Arts class, which is made up of members from the troupe, presented a modern-day comedy under the direction of Harlette Baker.

Difficulties cause CAT cancellation

By Kim Friedly

Due to dissatisfaction with the California Test Bureau of McGraw-Hill, IPS students will not be taking the California Achievement Test (CAT) next school year.

Although IPS is satisfied with the test, problems occurred and test results are still not all in, according to Paul Brown, superintendent for testing and evaluation.

Brown said the purpose of the test was to "improve instruction" by pinpointing a student's strengths and weaknesses so the administration could plan its curriculum to help the student overcome these troubles.

Results from the second year of IPS's use of the CAT (given at Howe September 19) were expected to be received in about five weeks after the date the test was given.

However, according to Howe Principal Frank Tout, most of Howe's results were not received until Jan. 24. Tout feels that this was too

late to schedule help in second semester classes.

The results were "awfully inconvenient and not too useful," agreed Brown.

This year IPS scanned all the material and put it on computer tapes to save shipping size and cost and possibly to help the publishing company.

"We had great hopes that this would facilitate the process, speed it up," Brown said. "Unfortunately it did just the opposite."

IPS has already ordered a new set of tests for next year. The Iowa Test of Basic Skill will be used in grades K-8, while the Tests of Achievement and Proficiency will be used in high schools. The high school test is tentatively scheduled to be administered in the spring, while the grade school test is scheduled for fall.

Brown said many people had requested the testing done in the spring in order to show the knowledge acquired through the year. Re-



Paul Brown, superintendent for testing and education: The CAT results were "awfully inconvenient and not too useful." (Photo by Yoo Park)

sults would be available near the end of the spring semester and would be used in the fall for improvements in poor areas of knowledge.

Brown estimated the CAT cost \$90,000 for the first year (slightly less this past year) which included test booklets, score sheets, shipping, reports, and everything else involved with the test. "The new tests from Iowa cost approximately the same amount," added Brown.

IPS must fulfill its contract by paying, according to Brown, but "If something does not come through, we will not pay for it. We will not pay until they deliver to our satisfaction."

One thing Brown would like to see is that students attempt to do their very best on the tests.

"It is something that is meaningful and is useful," Brown concluded.

Honor Society initiates meet 'high standards'

Fifty-seven students from Howe were initiated into the membership of the National Honor Society, May 21.

Members were selected by a faculty council for meeting high standards of scholarship, service, leadership, and character.

Students inducted were seniors Maria Alvarez, David Baker, Leslie Ezzell, Mark Fagan, Daniel Hawkins, Ann Hudson, Richard McKinstry, Mary Munden, Donald Suiters and Dave Welch.

Juniors are Amelia Alexander, Larry Barnard, Steven Bell, John Jay Boeldt, Ladonna Bridges, Mary Coleman, Leslie Cox, Terri Engle, Darin Ettner, Stephanie Fattic, Walter Scott Fifer,

Rhonda Flick, Kimberly Friedly, Laura Goodin, Paul Haas, Bruce Harter, Thomas Harton, Leslie Hermsdorfer, Susan Hildebrand and Karin Hilton.

Other juniors are Paul Kenny Jacob, Sherri Jerrell, Lori Kenner, Donald King, Kelly Kramer, Kathryn Lewis, Jane Maddrill, Karen Marshall, Jennifer McClure, Ronald Miller, Cathy Morgan, Yoo Hyun Park, William Price, Lisa Ransom, Laura Reed, Cecile Schlebecker, Jeffrey Sheets, John Solberg, Karen Stewart, James Stewart, Rhonda Stout, Mary Sutterfield, Kimberly Taylor, Joan Verbosky and Edwin Wiggington.

Sponsor is Evelyn Keaton.

Discontinuation of CAT ends wasted expense

IPS use of the California Achievement Test (CAT) will be discontinued as of the beginning of the 1979-80 school year. Considering the complications involved with the test, this was probably a good move on the part of the administrations.

The test given Sept. 19 was supposed to show problem areas in each student's school work. These results were to be used in classes during the year. However, most of the results were not in until late January, and some results are still not in. These late results were hardly worthwhile, and the purpose of the test was no longer valid.

Despite the uselessness of this year's testing results, IPS will pay nearly \$90 thousand for the CAT. While this sum seems high, administrators said the cost involved many services.

Somehow tax payers are being cheated. The test results apparently were only used in a few instances while most were just looked at by the students and their parents.

Ninety thousand dollars is a lot of money to pay for the very little help the CAT provided.

True, the contract with the California Test Bureau of McGraw-Hill must be fulfilled, but that means on both sides. A certain percentage of the cost should be willingly deducted by CTB/McGraw-Hill because of their insufficient business procedures.

At least IPS will not put up with this type of wasted expense again, as tests from a different company have been ordered for next year. Maybe the IPS and the new company will work out a better contract stating the exact above date of the test results arrival and then legally be forced to stick to it in order to be paid.

'It should be our decision' angry senior complains

Dear Editor:

Having Honors Day at night was irrational in the view of the seniors. Why ask the Economic G classes to vote informally about the item if the administration did not plan to use the vote? We actually thought we had a say in what our Honors program would be.

Some say that only 18 parents voted to have it at night. Did the administration call each of the 505 students' parents so that the vote would be legitimate? I have heard the reason the seniors' vote didn't count was because a senior meeting was not called. So, did they even call the parents of the award winners? My dad was not called, and I doubt others were.

Most parents would want to have it when their kids can be there anyway. That's why they come — to see their son or daughter walk up and receive that special award they've worked to obtain in four years.

It seems administrators are encouraging students to not win awards by taking away the privilege and incentive of receiving it in front of their peers. Last year the students at the assembly were a bit noisy, but when the winners want to have it in the day, and they realize it will be the same situation, why go against their wishes? Nobody will be wasting any extra time if the purpose is to show off the awards.

Laura Taylor



Program change justifiable

The annual Honors program took place last night.

It has always been conducted during the day before an all-school assembly. The seniors wanted it to be held during the day, while parents preferred that it be at night.

Frank Tout considered several factors before making his decision. Parents deserve to see their children receive awards. Having it at night gives them this opportunity, because many of them cannot get here during the day.

Most other such ceremonies are held during the night, and there is no reason why this one shouldn't be too. Other high schools in the city are starting to have theirs at night, so why shouldn't we follow suit?

The day-time ceremonies

of previous years weren't very successful. They were held in the gym where the acoustics are bad. Students couldn't hear if they wanted to, and most didn't want to. Having it at night assures that only those who want to be there will attend. This way the program, which is meant to honor outstanding seniors, isn't ruined by inconsiderate students having no interest in the activities.

The senior class officers, as well as many other seniors, strongly believed that the ceremony should have been scheduled during the day. Tout, however, felt that their reasons were not sound. He used this as an example, "I had to sit through three years of those boring assemblies so why shouldn't they?" That is ob-

viously not a valid reason.

Even though this way doesn't please everybody, it's certainly worth a try.

The administration is at fault for deciding when to have it at such a late date. Many students could not get off work or alter other plans because they were notified too late to do so. The time should have been determined several months before, and the administration is definitely in the wrong for that.

There are drawbacks to having it at night. The ceremony served the purpose of motivating the underclassmen. It shows them what they can do if they keep their grades up and try hard in school-related activities. This year students have missed this chance.

Student thanks staff for help during years

Dear Editor.

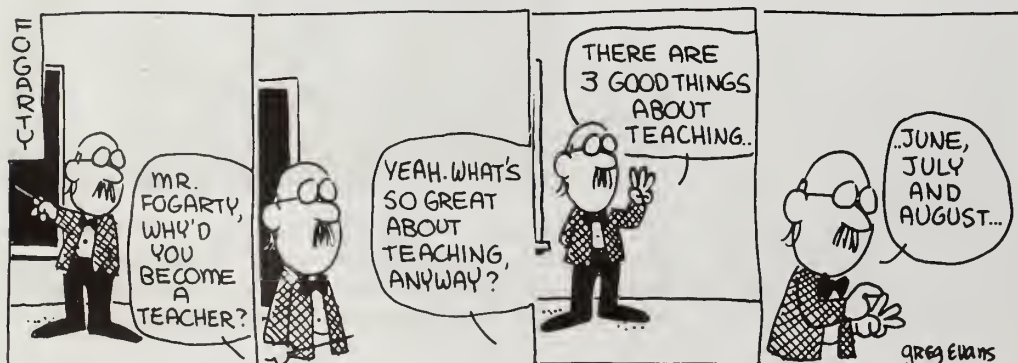
I would like to take this time to thank everyone who has helped me during my four years at Howe. When I found out that I would be

coming to Howe, it was a little scary. My fears weren't necessary as everyone was very nice and helpful.

I have made many lasting friends with both past and present students and teachers. The teachers, students, office workers and janitors have all been a lot of help to me.

I will never forget my four years here. I would really like to thank the athletic department for letting me be a manager of basketball, football, etc. It meant a lot to me.

Best wishes to all,
Chuck Flowers



Tower Staff

Thomas Cerr Howe H.S.
4900 Julian Avenue
Indianapolis, IN 46219
Editor-in-Chief
Karen Stewart
Assistant Editor
Kim Friedly
News Editor
Nancy Jones
Feature Editor
Michele Hawkins
Opinion Editor
Tawn Parent
Sports Editor
Mindy Bemis
News Bureau Chief
Jim Bryson
Assistant Page Editors
L. Cox, Pat Gannon, Diana Hartley
Business Manager
Beth DeVee
Advertising Manager
Julie Morse
Photo Editor
Robin Rippel
Art Editor
Brian Hodnett

Reporters
T. Berg, G. Britton, L. Enz, M. Landis,
J. McClure, M. Moore, A. Stewart
Advertising Staff
C. Brown, A. Haboush, C. Thoburn
Photographers
S. Handlon, Y. Park
Artists
M. Meador, Judie O'Neal
Typist
C. Rossi
Adviser
David Massy
Principal
Frank Tout

Honors Day awards achievers

One hundred and ninety awards were presented to Howe students and faculty members at the annual Honors Day program last night in the auditorium.

The recipients were presented with national, school, departmental or community awards for outstanding achievement.

The following awards were presented:

- **Media Center**
...Joyce Milligan, Nannette Skaggs
- **Business Managers**
...Sherry Cunningham, Leslie Hermsdorfer, Darlene Johnson, Lora Keller, Susan Thorton, Gwen Zander
- **Stage Crew**
...Michael Booher, James Hughes, William Leamon
- **Public Address**
...John Biale, Stephen Spicklemire, Matthew Welch
- **Outstanding Student in Graphic Arts**
...Kenneth Carr, James Turner
- **Outstanding Student in Girls Physical Education**
...Kebra Dixon
- **Eta Sigma Phi**
...Susan Harlow
- **Best Thespians**
...Stephen Spicklemire, Matthew Welch
- **1979 Quill & Scroll Gold Key**
...Kimberly Friedly, Laura Taylor
- **Indiana Home Economists in Business**
...Dianna Aikman
- **Tri Kappa Award in Accounting**
...Donald King
- **Tri Kappa Award in Typing**
...Cheryl L. Craig
- **Tri Kappa Award in Short-hand**
...Leslie K. Ingels
- **American Society of Women Accountants**
...Deborah J. Davis, Leslie M. Ezzell
- **Indianapolis Business Education Council**
...Carla S. Danford
- **Outstanding Cooperative Office Education Student**
...Sandra D. Long
- **Outstanding Distributive Education Student**
...Lynn A. Tanasovich
- **Bausch and Lomb Award**
...Stephen J. Spicklemire

- **Rensselaer Polytechnic Institute**
...Paul A. Haas, John B. Solberg
- **Outstanding Student in Biology**
...Tobi W. Elmore
- **Outstanding Students in Chemistry**
Walter Scott Fifer, Laura S. Reed
- **Outstanding Student in Earth Science**
...Vicki D. Powell
- **Outstanding Student in Physical Science**
...Karen F. Cox
- **Outstanding Student in Physics**
...Stephen J. Spicklemire
- **"500" Art Festival Awards**
...April L. Cobb, Brian K. Hodnett, Douglas Hvidston, Phillip W. Keough, Paul D. McKain, Kimberly L. Miller, Tama L. Patterson, Chris A. Rettig, Bennton L. Williams, Joe D. Young
- **Hallmark Honor Prize 1979**
...Barbara J. Bennett
- **Scholastic Art - Acrylic Media**
...Barbara J. Bennett, Bradley H. Gildea
- **Scholastic Art - Graphic Design**
...Barry A. King
- **Scholastic Art - Ink Drawing**
...Barbara J. Bennett, Melody J. Brown, Eunice Caldwell, Bradley H. Gildea, Brian K. Hodnett, Terri L. Horton, Lisa K. Kollman, Timothy A. Poynter, Jill A. Purvis
- **Scholastic Art - Mixed Media**
...Bradley H. Gildea, James T. Newell
- **Scholastic Art - Pastels**
...Bradley J. Gildea
- **Scholastic Art - Pencil Drawing**
...Toni Fosso, Bradley H. Gildea, James L. Marley, Clifford D. Smith, Michael V. Verbosky, David L. Wyatt
- **Scholastic Art - Portfolio**
...Bradley H. Gildea
- **Scholastic Art - Water Color**
...Barbara J. Bennett, Bradley H. Gildea, Sharon Love, Julie K. O'Haver, Pamala K. Williams
- **National Merit Letter of Commendation**
...Kimberly J. Frech, Timothy J. McPherson, Daniel B. Shinkle

- **Altrusa Award**
...Kimberly A. Friedly
- **Danforth Foundation**
...Paul A. Haas, Karen S. Marshall
- **Indiana Youth Leadership Seminar**
...Curtis A. Childs
- **D.A.R. Good Citizenship, Senior Girl**
...Jean M. Hilton
- **D.A.R. Good Citizenship, Senior Boy**
...Anthony W. Hinkle
- **American Legion Citizenship for American Legion Post No. 38**
...Walter Scott Fifer, Laura S. Reed
- **Special Human Relations**
...Rhonda L. Stout
- **Senior Class Officer Awards**
...Sherri M. Buchanan, Stephen W. Day, Wendy F. Graham, Bradley H. Gildea, Betty A. Hempfing, Jean M. Lenahan, Julie K. O'Haver, Lora R. Walters
- **Riley Medal**
...Elaine F. Cridlin
- **Ten-year Pins**
James S. Arvin, Debbie Bareford, Margaret Benson-Enmeier, Richard E. Harpold, James J. Lynch, William F. Morris, Norma H. Rauch, Grace Fulk, Grace Wells
- **Service Awards**
...Stephen T. Biggs, Doris Hasler, John DuChemin

Senior Honor Major Awards

- **Art**
...Bradley H. Gildea
- **Business Education**
...Carla S. Danford, Leslie K. Ingels, Robin K. Laudermit, Theresa R. Littleton, Mary A. Munden, Diana Pennington, Lora R. Walters
- **English**
...Lance W. Allison, Leo P. Allison, Timothy R. Bratton, Elaine F. Cridlin, Stephen W. Day, Mark E. Fagan, Kimberly J. Frech, Betty A. Hempfing, Jean M. Hilton, Deborah L. Johns, Jean M. Lenahan, Mary A. Munden, Julie K. Oberlies, Camilla S. Rich, Laura L. Taylor, Leslie A. Wilfong

- **Foreign Language**
Thoman A. Day, Jill E. Denham, Kimberly J. Frech, Milburn E. Grimes, Susan A. Harlow, Jean M. Hilton, Daryl Jackson, Camilla S. Rich, Laura L. Taylor, Leslie A. Wilfong
- **Home Economics**
...Dianna Lee Aikman, Debra L. Lewis, Diane Pennington, Katheryn L. Small, Susan D. Thornton, Patricia Wheeler
- **Industrial Arts**
...Daniel L. Suiters
- **Mathematics**
...Elaine F. Cridlin, Stephen W. Day, Jean M. Hilton, Doreen McGuire, Jeffrey R. Oberlies, Stephen J. Spicklemire, Andrew V. Wilkinson
- **Science**
...Timothy A. Baughman, John A. Biale, Milburn E. Grimes, Richard B. Gunderman, Jean M. Hilton, Anthony W. Hinkle, Michael A. Muir, Jeffrey R. Oberlies, Julie K. Oberlies, Vicki D. Powell, Stephen J. Spicklemire

- **Social Studies**
...Leslie M. Ezzell, Richard B. Gunderman, Daniel J. Hawkins, Betty A. Hempfing, Harold R. Hicks, Melanie K. McDermet, Daniel B. Shinkle, Laura L. Taylor, Leslie A. Wilfong
- **Kiwanis Awards**
- **Art**
...Bradley H. Gildea
- **Business Education**
...Carla S. Danford
- **English**
...Betty A. Hempfing
- **Foreign Language**
...Milburn E. Grimes
- **Home Economics**
...Dianna Lee Aikman
- **Industrial Arts**
...Daniel L. Suiters
- **Mathematics**
...Elaine F. Cridlin, Jean M. Hilton
- **Science**
...Milburn E. Grimes
- **Social Studies**
...Daniel J. Hawkins
- **Student Council**
...Wendy F. Graham, Matthew D. Welch



Senior Jean Lenahan hides her eyes while a sample of her blood is taken. The blood draw, done on a voluntary basis in the Media Center last Tuesday, was in an attempt to pinpoint an outbreak of histoplasmosis. (Photo by Robin Rippel)

Battle of the flab: wa

Industry profits from fat

By Karen "Z" Stewart

The fight against fat has taken the lead as America's newest fad. But before most would be skinny people get that way, they jog down to their local sporting goods store for equipment. This army of fitness freaks is fueling a \$2 billion-a-year supply industry.

According to a recent *Newsweek* article, Americans spend more than \$65 million annually for home conditioning equipment such as stationary bicycles, treadmills, vibratory belts and barbells.

Health spas are also cashing in on the fitness craze. One area health spa claimed an almost 25 percent jump in membership in the last two years. "I love to see people in the ice cream parlor or bak-

ery," said an employee of a nearby spa, "because I know we're going to get them sooner or later."

Of course, how-to handbooks have flooded the bookstores. There are nearly 1500 books about fitness currently in print. The bible of fitness, *Aerobics* by Kenneth Cooper, has inspired 5 million Americans to exercise to improve the efficiency of the heart and lungs since its publication in 1968. However, the individual sports have their own bibles such as James Fixx's *The Complete Runner*.

The fitness industry is now trying to open up a brand new market for young women. In an effort to change the image of the jogger from the smelly, sweaty, macho type, the manufacturers of Jox tennis shoes have come out

with Jox for women. Jox has launched an advertising campaign aimed at the teen-age market in *Seventeen* and several other magazines. The ad says basically, "You don't need to be a jock to wear Jox." "Many women come in here and see the guys jox but overlook the girls," said the salesman at the Washington Square Jox store. "We're trying to appeal to the ladies, too."

The success of the Jox ad campaign and others like it will depend on how much teen-agers are willing to spend to "look athletic." Below is a chart of the approximate expenses of getting into shape. Prices were taken from several eastside sporting goods stores and represent a wide range of equipment.

Jogging:

shoes—\$15 to \$70
sweatsuit—\$15 to \$90
clothing (shorts,—\$20 to \$50
socks, etc.)

Tennis:

racket—\$30 to \$180
clothing—\$15 to \$50
shoes—\$15 to \$40

Golf:

clubs—\$60 to \$170
clothing—\$30 to \$70
shoes—\$21 to \$38
miscellaneous—\$10 to \$50
(gloves, covers, balls, etc.)



By Jenny McClure

"Eat your spinach so you will grow up to be big and strong." "Eat your liver; it's good for you." "Clean your plate. Think of all the starving children in India."

These type of statements give people the wrong impression about food and good nutrition. There are many types of diets, but the only good one is nutritional and appetizing.

Many people are confused about how to get proper nutrients. It used to be the average person had to get at least one helping from the meat group, three servings from the fruit and vegetable group, two servings from the milk group, and two servings from the bread group each day. Recently, however, doc-

'Eat your liver

it's good

for you'

ar against obesity

Gavaghan, Heart Association recommend jogging; prevents heart disease, promotes better fitness

By Michele Hawkins

Jogging is the answer for those who desire less fat and better fitness.

"I think running is one of the best exercises," stated coach William Gavaghan.

Both Debbie Casey, American Heart Association public relations director, and Gavaghan agree that jogging is a good, beneficial type of physical activity.

Gavaghan believes jogging helps keep weight down, lowers heart beat, and in general makes you "feel better."

The American Heart Association feels jogging helps prevent coronary disease by controlling obesity, high blood pressure, and it also helps to increase the amount of blood vessels the body produces.

In order to encourage "family exercise" and to promote running the American Heart Association holds the Walk, Run, Jog, for Heart. According to Ms. Casey it's one of the largest exercises activities in the United States.

"The program was extremely successful," stated

Ms. Casey.

It was designed as a fund raising event and its aim was to bring families together to participate in physical activity, she said.

The American Heart Association held clinics during the month of April in order to prepare beginning joggers and runners for the Walk, Run, Jog, for Heart.

Many of the tips given at the clinics were expressed by both Gavaghan and Ms. Casey.

Both Ms. Casey and Gavaghan agree that beginning joggers should be extremely careful about "over doing it" the first day.

"One of the most common mistakes a beginning jogger makes is over exertion," stated Ms. Casey.

In order to solve this problem of "over exertion" Gavaghan suggests that the novice runs a little, then walks for awhile repeating this a few times.

Both Gavaghan and Ms. Casey recommend a physical before starting to run on a regular basis.

According to Ms. Casey another common problem of

beginning joggers is running too often and never giving your body a chance to relax. When you first start running your body needs a lot of rest, Ms. Casey said.

"Don't jog everyday. Take one or two days off per week," she advised.

Gavaghan believes running every other day would be a good way to start.

Both Gavaghan and Ms. Casey suggest warming up and stretching before and after running. This helps prevent pulled muscles and other ailments of joggers.

Gavaghan and Ms. Casey stress the importance of good running shoes.

"Jogging is basically an inexpensive sport except for the purchase of good shoes," Ms. Casey stated.

Both Ms. Casey and Gavaghan agree that one shouldn't invest his money in jogging clothes over shoes.

"Just wear something loose and comfortable. But, you need good shoes," Gavaghan said.

Gavaghan feels the beginning jogger should be careful about running in weather too hot, high 80's and 90's. Also,

he believes one shouldn't run when the temperature is below 10 degrees.

Ms. Casey feels that humid weather should be a warning sign to joggers "You become dehydrated very quickly and need to drink at least every twenty to thirty minutes" she stated.

According to Ms. Casey many people do not realize that doing calisthenics does not improve the condition of one's heart.

"Only endurance exercises help you with cardiovascular health," she stated.

Ms. Casey defined endurance exercises to be running, biking, and swimming. These must be done for at least thirty minutes nonstop, and a minimum of three to four days per week to be of any help, she explained.

According to Gavaghan and Ms. Casey if you want to begin a sport that is relatively cheap and helps keep you in good shape jogging seems to be the answer.

"With jogging you don't need to find an open court or swimming pool, you can just get out and run," Gavaghan said.

tors recognize that there is not any one way to get these nutrients. There are several non-traditional diets that offer complete nutrition, such as the vegetarian diet.

Betty Hempling, a vegetarian, has strong views about the health and diet subject. She firmly believes in getting all the necessary vitamins, minerals, etc. She first became a vegetarian in January as a New Year's resolution. She believes eating meat is morally wrong because, "one 16 oz. steak can provide 40 people with a cup of grain that could be used to make a meal, dish or some kind of bread." For grain-fed cattle, it takes 16 pounds of grain to make one pound of meat. Miss Hempling believes that this is wasteful.

Miss Hempling's diet consists of fruits, vegetables, breads, fish, chicken, eggs, milk, and cheese. A strict vegetarian would not eat poultry, eggs, milk, or cheese. She has admiration for those who have the willpower to be so strict, but she says they have to be really careful to get enough protein. They have to try to eat a lot of nuts, grains, and beans to receive their protein.

A normal day's diet for Miss Hempling would be: for breakfast, an egg, toast, fruit and juice; for lunch, soup and a sandwich; and for dinner, a dish like eggplant Parmesan, a salad, a vegetable, and bread.

Another approach is the Mayo Clinic Diet. This is a reducing diet, and is more li-

mitted than most. It includes hard-boiled eggs, lettuce, grapefruit, only broiled meats, and absolutely no sugar. The idea behind this is to break down body fat. However, as with most reducing diets, there are dangers. If this diet is used for more than two weeks at a time, there is danger of breaking down the muscle tissue. For it to be effective, the diet must be followed to the letter. Lora Walters follows this diet and has seen it to be very effective, but just into her second week, the results are not noticeable.

Another kind on diet is the "fad diet." These are designed with weight loss in mind, but according to doctors, they are generally not

healthy or wise. Many of these use methods such as diet pills (for water retention and to provide pep), starvation, and vigorous exercise. While they may be effective for quick weight loss, the weight lost on these diets is often gained as quickly as it is lost.

Reducing diets are based on the number of calories consumed compared to the number of calories needed. The average person requires about 3,500 calories per day. The loss, to be stable and long-lasting, should be accompanied by some form of regular exercise and should not exceed the loss of more than two pounds per week. The exercise will burn up more calories and helps to tone muscles to give a heal-

thier look.

Unfortunately for the health of most teenagers, young people tend to have very bad eating habits. For instance, many of them eat too much "junk food." This category includes soft drinks, potato chips, other "munchies," and sweets.

One big problem is this eating becomes a habit. Meals and in-between snacks become a regular part of the routine. And while obesity is not hereditary, eating habits are many times very similar throughout a family. This results in over-weight families and thin families.

Diet is one of the major parts of keeping fit. There are many diets, but the best is one recommended and supervised by a physician.

Pitching: handicap for freshmen

By Jim Bryson

The freshmen baseball team's three wins and six losses have not quite lived up to the expectations of first year coach Virgil Bleill.

"The team has played well together, but when we've needed the timely hitting and the consistent pitching, we haven't gotten it," Coach Bleill stated.

The lack of a winning attitude has been the strongest set-back for the freshman players.

"The difference between an average ball club and an excellent ball club is a winning attitude," said Bleill.

Another set-back for the ball club is pitching.

"The walks have hurt us greatly; our pitchers have had trouble finding the plate," stated Bleill.

"Talent-wise we're an average team," he added.

"Our game the 25th is against Southport High

School and to beat them we must play good defense, consistent pitching, and

timely hitting, but most of all we must go into the game thinking we're gonna win."

Howe's three wins have been against Eastwood High School 14-4, Northwest High School 18-4, and Perry Meridian High School 3-2.

Howe's losses have come against excellent teams such as Ben Davis in a shutout 10-0, Carmel 6-2 and archrival

Scecina 6-5.

"I feel that Kevin Long, Scott Kehl, and Ron Corrice

have played good baseball, but I don't want to put three players above everyone else because the whole team has played good and I'm proud of them," Bleill said.

"All three of our victories were pitched by Kevin

Long." He added: "I feel the Howe baseball program is very competitive and will get more competitive in the years to come. I just hope I am able to keep coaching Howe freshman baseball."

"I'm disappointed but not discouraged. I feel we've not had a great season so far but a good one and it can only get better."

Girls softball enlarges Howes athletic program

By Mindy Bemis

By next spring the Howe Hornets will have yet another sport to add to its long list of sports and this one will be for girls. Girls fast-pitch softball has finally reached Howe.

"Students and parents have shown a large interest. We have been prime movers and pushed other schools into having a team," said Athletic Director Rick Hewitt.

"Based on the amount of interest there will be a varsity team and maybe a reserve team," stated Hewitt, "and if there's enough desire and interest we'll go on from there."

The team will compete against city and county schools 2 times a week for 5

weeks, April 14-May 12, and participate in a tournament May 19.

The city schools who will possibly participate are Northwest, Howe, Chatard, Marshall, and Crispus Attucks. County schools consist of Franklin Central, North Central, Pike, Brebeuf, Warren Central, Lawrence Central and Lawrence North.

The coach of Howe's team will be art teacher Charles Pirtle. According to Hewitt, Pirtle has a lot of softball background behind him.

"A number of girls have been pushing for this, and a lot are playing in leagues. They have to make a choice between the two," Hewitt said.

McDowell newest coach

By Pat Gannon

Howe varsity basketball fans will see a new face on the sidelines next season. Thirty-seven year old Ed McDowell—who is finishing up his ninth year teaching physical education, counseling, and coaching at Arsenal Technical High School—has been hired as the head coach for the Hornet varsity squad.

McDowell was chosen over more than 30 other candidates. "I've wanted to be a varsity coach for a while," he stated. McDowell was the head coach of Tech's reserve team this past season and has also coached the varsity

will be gone, McDowell looks ahead to the coming season with great optimism. "I know that last year's reserve and freshmen teams were very strong, so I'm looking forward to coaching Howe this year and in the future."

McDowell enjoyed coaching and teaching at Tech and would have taken a head coaching job there if it had been offered to him. "But if there were any place I'd like

to coach other than Tech, it would be Howe. Because I know quite a bit about Howe, I know they have a winning tradition in basketball."

McDowell's goal is the goal of any high school coach: "To win the state championship."



Ed McDowell—new varsity basketball coach

football team. He is currently coaching the Titans' highly ranked track team.

McDowell considers himself an open-minded person. "As far as I'm concerned, there is no varsity basketball team right now; every position will be wide open."

Though all but two members from last year's varsity

You've Got To See

SLICK WILLIES
DISCOTHEQUE
AND
Billiard Room

NO ONE UNDER 16 yrs.

OPEN 7 DAYS A WEEK
With Discotheque Hours

Every Thursday, Friday, Saturday, and Sunday
(Cover Charge During Disco Hours)

Howe Night Sunday — Show your
Howe I.D. Card and get in
FOR HALF PRICE

21st and Arlington
In The Windsor Village Mall

Complete Auto Service



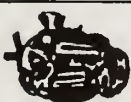
CHUCK'S
STANDARD SERVICE CENTER

Phones:
357-5209 — 357-0055

5061 East Washington St.
Indianapolis, Indiana

Irvington Flower Shop

2 S. Johnson
356-5508
prom flowers especially priced



353-8093

HOOSIER
MOTORS INC.

18 N RITTER

ROLYN'S
PIZZA

Fast Delivery

East
3905 English Ave.
353-6237

\$1.25 off any large pizza
\$1.00 off any medium pizza
75 cents off any small pizza

with coupon
(pick up only)

Hours:
Sun.-Thur. 5 p.m. to 11 p.m.
Fri. & Sat. 4:30 p.m. to 1 a.m.

Offer expires June 30, 1979

Sports Editorial

Runaround given about Howe pool

Since 1974, Howe has tried its best to get a pool. But instead it has only been overlooked, and pools have been given to Washington High School and Arsenal Technical High School.

The big hold up was supposedly the cost of a pool, but after Tech's pool was built it was said by the Board that the money was there but the maintenance cost was what was now the hold up.

For the past two years Howe has used Tech's pool for practice for the two swim teams, and for fourteen years Howe has included swimming in its summer school physical education program. Both have been severely limited by the lack of a pool.

The time usage of Tech's or Forest Manor's pool is severely diminished by the amount of time these schools use the pool for their own purposes.

The original plan was to build four pools — one on the north, south, east, and west side of town. Then the school with the pool would share with other schools on their respective side of town. But obviously, this plan has not worked at all.

Howe has shown its desire and support for a new pool but have been passed over twice for it!

So, for at least five years Howe has gotten the runaround about a pool, and the "administration" downtown is giving the impression that it is going to do nothing about it!

**Eat my dust**

Karen Clubs, eighth grader at school No. 78, runs ahead of her opponent in the grade school track and field district held here, Friday, May 18. (Photo by Robin Rippel)

Howe intramural program expects big turnout in September

By Leslie Cox

Intramurals are non-existent at Howe. One can hear comments like this all around Howe. But, according to Rick Hewitt, Athletic Director, "The opportunity is here at Howe, so if a student says there's nothing to do, it's because he's not looking for something constructive to do."

The intramural sports program started off on a better foot this year and is anticipating to have an even bigger turnout next fall. "Let the students use their imaginations," Hewitt states, "Sure we have the traditional sports, basketball, bowling, and volleyball; but how

about some racketball or skate-boarding?"

"This program is an excellent opportunity for all students and everyone should have a chance to participate," comments Hewitt. There is an adequate amount of money coming from IPS in

order to make intramurals 'successful' but with the lack of sponsors, space and facilities, and participants there is concern that the money will be taken back.

Early bird basketball was one of the bigger successes this year, at least for the

boys. James Perkins attempted to get the girls interested in "shooting some hoop" too, but there just weren't enough girls to support it.

Other intramural sports that were successful, were: co-ed volleyball, co-ed gymnastics, tennis, Olympic

wrestling, working out in the weight room, and indoor track.

"Varsity sports can handle just so many students," stated Hewitt. Anyone wanting to participate in an interscholastic athletic program contact Rick Hewitt.



**HAROLD'S
STEER-IN**

THE BEST STOP
AFTER SCHOOL
FOR SANDWICHES
AND SOFT DRINKS

TENTH AND EMERSON

Bob says:

"We Have Different Spokes
For Different Folks"

East Side Bicycle Store
4232 E. Michigan

SCHWINN®



CACTUS
SUCCULENTS
POTTERY

TELEPHONE
317-897-6880

8950 E. 10TH

East Side Tu Your Door Pizza

\$1.50 off medium
\$2.00 off large

6129 E. Washington

357-7757

one coupon per visit

For pick-up only

Offer expires June 28, 1979

Don't be in the dog house!

Get your prom date his or her
favorite corsage or boutonniere,



At,

**Flowerama
of America**

Wash. Sq. Mall
897-7161

I, **Dianna Aikman**, will to Nanny the Wild Cherry; Sherri Jerrell a list of hang-outs and parties; 1980 Honey captain "Good Luck." Seniors '79 the future is ours.

I, **Lou Ann Allen**, will to Bob Sloan a dilapidated "Guide to Comftrbation" and three freeze-dried cats; Melissa and Pam one raincoat; Jeanie Mackell all of the best!! I, **Carrie Armstrong**, will to Cathy O'Haver my locker; Cindy Armstrong, parking space to share with Rick; David, Cindy Antrobus my accounting books.

I, **David Baker**, will to my sister, Kate, lots of luck and all the fun in the world while at Howe; all my love to Sharon. I, **Sherri Jean Barnard**, will to Janice and Donna a T-Shirt from the "Elbow Room"; my "little" brother a spot on the varsity bench; my sincere affection always for John.

I, **Carol Boekankamp**, will to Mr. McLeish my nickname, Red; to my little brother, Bob, and his friend, Greg, a crash diet plan for the wrestling season and good luck!

I, **Nevalene Brown**, will to Joyce Finch, my sweet friend, my locker with all the candy in it from last year. Good luck, you'll need it.

I, **Sherri Buchanan**, will to Mr. Trinkle hair on the left side; Teresa Denbo my "you know"; to the Senior Officers the wisdom not to go into politics.

I, **Jane Clingan**, will to "Fink" a Spanish dictionary and a daily weather report; Mme. Hancock, bonne chance avec votre "enfant-d'etre"; Debbie Hauck a responsible, mature concert mistress.

I, **Charles Coleman**, will to Greg "What's his name?" Goggans my socks that have been worn 197 times without a wash and a can of "RAID" to keep the flies away.

I, **Deborah Conn**, will to my husband, Michael Conn, my deepest love forever; to all the incoming seniors good luck with your last year at Howe.

I, **Sabrina Covington**, will to Felicia Covington all my hair jokes used on Mr. Dinkens; to Curtis Covington the ability to not talk during class time.

I, **Spencer Cox**, will to my sister, Serena, my job at Camelot Music; myself to my girl, Marie Davis, whom I love. Good luck Class of '79'.

I, **Elaine Cridlin**, will to Donna my pencil; Lisa my General Journal; Don my command of the English language. (Donna will help you Don!)

I, **Barbara Davis**, will to my sister, Sheila Davis, my old business manager job on the Hilltopper and my old dusty locker.

I, **Deborah Davis**, will to Stephanie Fattic my pen and pencil collection; Lori Smith my high tolerance level; Mr. "D." a five you won't be able to collect.

I, **James I. Davis (Jim)**, will to Stephanie Lynn Fattic the future and all the love I have; Mr. Lewis and Mr. Bramblett many thanks; to the Class of '79' memories!

I, **Steve Day**, will to my lil' sister the ability to control CF; Mr. Arvin success always; to all my friends the chance to see you in the future.

I, **Jill Denham**, will to the Music Department my lizard face; Leslie Cox a new set of markers; Patti Davis my drill team smile; Jenny McAtee much fun in Trix.

I, **Kebra Dixon**, will to Cathi Caster my ability to come to school; my sister, Teresa, my cleverness and sly moves; Janet Mackell my sex appeal.

I, **Chris Dych**, will to all my friends the ability to make friends without spending a dime and never give a gun to a duck.

I, **Chuck Flowers**, will my elevator key to Mrs. Aman; to Mr. Dinkens two cases of car wax; to everyone else good luck in the future.

I, **Kim Frech**, will to Lora halls without John; Linda, Paula, and Debbie life without the Dave Welch Show; Kim, Kim, Pam, and Mary the pains of Flag Corps. Enjoy!

I, **Annette Freeman**, will to Shiela Robertson all my talents such as my singing and sewing. I also wish her lots of luck on the basketball team next year.

I, **Krys Fuller**, will all my morning, afternoon, and evening buzzes to Rhonda, Dale, Julie, and Kay, in hopes you all will buzz out this time next year!

I, **Mike Gentry**, will to the chess team all the leftover fish from the cafeteria; my brother, Mark, my stereo until basic training is over.

I, **Brad Gildea**, will to Ken Kirkman my ability to immediately talk my way out of any situation; my Nell every bit of me forever.

I, **Nell Glover**, will to Jan my talent for opening my front door; to Brad the patience for waiting only four years; to Laura and Amy keep up the craziness!

I, **Bill Golden**, will to my little sister my locker and all its junk; Tammy, the craziest girl in this school, nothing.

I, **Wendy Graham**, will to Arvin and Fink a magnifying glass and my hole; Jerry Suiter a rendezvous; Curtis Covington lots of luck; Don my love.

I, **Peggy Grismore**, will to Donna, Charlotte, and my little brother the fun I had here; Granny Perry the success of having a class like this last one.

I, **Rick Gunderman**, will to my friends the empty mirror. (If we could really understand that, there would be nothing left for us to look for); my enemies themselves.

I, **Brenda Hacker**, will to Trisha Easterday a padded cell at Central State; my brother, John, the courage to stay in school; Jim Baumgardner all my love.

I, **Susan Harlow**, will to Joyce my senior Latin manual; TJ, Marcy an open bar; Linda a starring role in "I was a teenage chicken choker", and a place in my animal house.

I, **Donna Harper**, will to my little sister all the fun years at

Howe; Mr. Laetsch all the smart freshmen; Lori Keller my best senior year at Howe.

I, **Duane Hartley**, will to Melissa Parkhurst all my love and personal assets, leaving with her my locker in good-will providing her with pleasant memories of my high school experiences.

I, **Dan Hawkins**, will to Elmo and Al Gift certificates worth billions of dollars in New Zealand; my sister I will my mind-boggling ability to do amazing things.

I, **Debbie Hickman**, will to my brother, Darryl, the luck to survive two more years; Rhonda and Dale a book of pink slips to get out of classes.

I, **Jean Marie Hilton**, will to Susie warm fuzzies forever; Luke someone new to abduct; Bill summons from the S.P.C.L.; Kar'e'n book on the birds and the bees.

I, **Rhonda Hooks**, will to Lynda my pom-poms and all the fun in shaking them; my little club sisters more wild hayrides; Donna love and have fun!

I, **Ann Hudson**, will to the Music Department much success and happiness in the future; a million "Guess What's" to Mr. Lewis; Nanny and Beth love and luck to you.

I, **Dean Hvidston**, will to Darin Ettner my dancin' feet Jane Maddrill hope without a family and a lead; Mike Ohrberg my vast swimming ability.

I, **Doug Hvidston**, will to Gary McPherson a bowl of chicken dip; Janna Craft an endless expense account for auto repair.

I, **Laura Jensen**, will to Laura Day my first name so everyone can misspell it; Jeannie Mackell my weekend adventures;

Suzanne Covington my shortness; Rocky Cope my lousy photography skills.

I, **Lena Johansson**, will to Lynn Farrow my glasses so she can keep up the tradition. I, **Debbie Johns**, will to Brad all my love; Mary Beth a successful year and to the members of girls volleyball and basketball good luck!

I, **Linda Johnson**, will to Michele my first 500; Cathy and Gail I will Michele; Doug I will all my love.

I, **Michael Johnson**, will to Michelle Johnson my locker which sticks at the bottom; I leave my footsteps too.

I, **John Kelley**, will to whatever boy wants it, my spot on the bench for next basketball season. I also will to Jeff Sheets my unlimited golf ability.

I, **Susan Key**, will to Lori my clean locker; Patty my watch; Gina I will a lot of luck for her future classes.

I, **Julia King**, will my sister, Tommylene, my locker for four years; my best friend, Cindy Osborn, my constant smile; my cousin, Donna Lovelady, my good attendance.

I, **Kathy Kinser**, will to Larry Cunningham all my love; Lisa Pruitt all my running talent; Nancy Janes my flute and music; Jeff Reel my dancing steps and rhythms.

I, **Donald C. Kleppe**, being of reasonably sound mind and body will to all juniors the knowledge that their day will come when they too will be set free.

I, **Jean Lenahan**, will to Lynn Farrow my little cabinet with the key and my ability to hold what's in it; Darin Ettner my locker. Go for it!

I, **Debra Lewis**, will to Danny N., Chris W., and the bowling team all the luck in the world; the Media Center a lot more crazy people like me.

Cunningham

Florist

3837 E. 10th St.

359-5311

Motorcross

Kabuki



Tyler

Shorty's Bike Shop

Bicycle Parts & Repairing
356-5855, 1521 N. Emerson



Buy one WHOPPER sandwich, get another WHOPPER free.

Please present this coupon before ordering. Limit one coupon per customer. Void where prohibited by law. This offer expires June 16, 1979. Good only at 6020 E. 21st



Have it your way.

I, Gregory Earl Lawson, will to Ronnie Strickland all of my ladies and to Ace Byrd all of my sporting that Regal, if he can handle it.

I, Sharon Love, will to my brother, Steven, my locker and good grades; to George Chapin my love I held so dearly; good luck to all my friends and teachers.

I, Kelly McAtee, will to my brothers, Nate and Mace, all my good grades; Joni Radeford all my books I never used; Teresa Barger good luck and hope you make it.

I, Melanie McDermet, will to Jean, Sherri, Laura thanks and friendship; Susan "fine times"; Lisa my height; Fink, Arv, and Mac some Wanetos; Shink the knowledge that fish don't need bicycles. **I, Rick McKinstry**, will to Greg Cheatam my #40 uniform so that he will hit more jumpshots than I; Kenny Bruen all the fringe benefits of being a celebrity.

I, John Miser, will to the seekers of a mathematics and science utopia my ability to ask the same questions every week without understanding the answers. Thanks Mr. Lewis.

I, Nancy Monroe, will to my little brother, Albert, my not so cluttered locker, all my old notebooks, all the teachers, and all the good times I've had.

I, Rayshelle Moore, will to Layshelle Moore my dazzling charm, my personality, my looks, the love of Rodney Lovell, and my marvelous hair do's.

I, Robert L. Moore, will to Anthony McDaniels to keep up our left hand traditions; Rodney Edwards not to be so cool with ugly girls running the halls.

I, Mork, will to teach all the memories on Exit 5; Bee Wee my golden hunds; Kathy my recipe book for cakes. Na Nu Na Nu

I, Michael Muir, will to the math department all of my old computer tapes. Also my thanks to all of my teachers.

I, Julie K. Oberlies, will to Lori Smith my two broken Hill-topper rulers; all my coaches a sincere thank you for all you've done; Critter good luck and my love.

I, Lisa Marie Phillips, will to leave all my conferences, cuts, and leftover book reports to my sister, Ethel Phillips, for the coming year; all my love to Andrew Smith.

I, Vicki Powell, will to Scott Drum my locker and photographic techniques; Rocky Cope my parking space; Kathy O'Haver luck in these hallowed halls.

I, Mary Reames, will to Esther Reames a bag of orange M&M's; the String Ensemble a new Gumby Mascot; all my friends good luck in the years ahead.

I, Joni Reynolds, will to Eddie Kittle my accounting skills and ruler; all the little Katz good luck and lots of good times in the future.

I, Camilla, will to Chris my love; Lora WaWa our memories; Annie "To the future" cause I loved the past; Gary happiness but some seriousness too!

I, Rocklin K. Russell, will to Student Council my absolute power to handle the system; the STEREO to the study body; my famous classroom rhetoric to Curtis Covington.

I, Cheryl Sedam, will to Teresa Barger my ability to make it to first period; to Jamie Robbins my ability to french toast snake dance; all my unfinished homework to Pam Fletcher.

I, Debbie Shadiow, will to my best friends Puddy Tat, L.W., Lil Ike, and Wenifred my friendship and love always; bumpers daddy my love for a lifetime.

I, Dan Shinkle, will to Curtis Childs one pair of green high-top Converse; Ron Whitaker my pet Balrog; Brian Hollingsworth one Arabian oil well and my kingdom.

I, Kathy Small, will to Paul all of my love; Deb my best

friendship forever; Tammy my nurse's aide skills; all my club sisters fun always.

I, Dave Smith, will to Jeff Sheets my unknown, undiscovered golf stroke; Chris Rettig my artistic ability; Mr. Hammond and Mr. Finkbiner a student just like myself.

I, Sherry Smith, will to Rocky Cope the ability to do boogie chants; Jane Maddrill, Lisa Ransom, and Lisa Pruitt patience and lots of smiles for cheerleading. Love you all!!!

I, Jeff (Smitty) Smithes, will to all the women of Howe my silver Camaro, providing they take me along with it.

I, Craig Storm, will to Mike Tomlin my basketball ability, my Todd pants, and the luck of finding a girl as great as his sister, Lea.

I, Jerry Suiter, will to Jim "Shoepolish" Turner my pair of white baseball shoes; Bill Strange my "Genius" sign; Fink a team of tennis players like me.

I, Dan Suiters, will to Darrell Hubbard the power to rid the burden which he endured his whole junior year (D. Hall). Good luck and get rich.

I, Sari Taukojarvi, will to Dave and Gary my first name; Mr. Spears my in-

terest in economics; Lynnne Pooh some mixed vegetables (Jepulis Jep).

I, Andrew Taylor, will to everyone the ability to put up with all the B.S. that you'll get from the administration; Kathy all my Allman Brothers tapes.

I, Laura Taylor, will to "Z" long months of work (fun?); Melanie my morning smiles; teachers indecisive college students; Rick gallons of gas and love.

I, Darryl Thomas, will to my little brother my playing abilities with the young ladies; my sister my cunning abilities with the young ladies; Rochelle Gilbert my smartness.

I, Stacey Thomas, will to Melissa, Trisha, and Linda my ability to con Mrs. Duncan; Joy and all the little ones another three years of good times and hayrides!!!

I, Lea Tomlin, will to Sue McConahay all the bruises I received from her over the years; with me I take more maturity than I came here with and Craig.

I, Margaret G. VanHuss, will to Mary my locker, fond memories to grow on; Brenda happiness in wedlock Logan; peers of '80 spirit;

For the Finest in Prom Flowers

Select your Prom Corsage from



Corner of 10th street and Arlington Ave.
353-9161

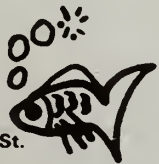
You can have the Prettiest Flowers at the Prom

Irvington Seed & Pet Shop

"Everything for your pets"

359-9289

6109
Z. Washington St.



THE ORIGINAL ZIEGY'S BAR-B-Q

Bob Ziegler and his family welcomes you to the new Ziegy's with the old recipe at

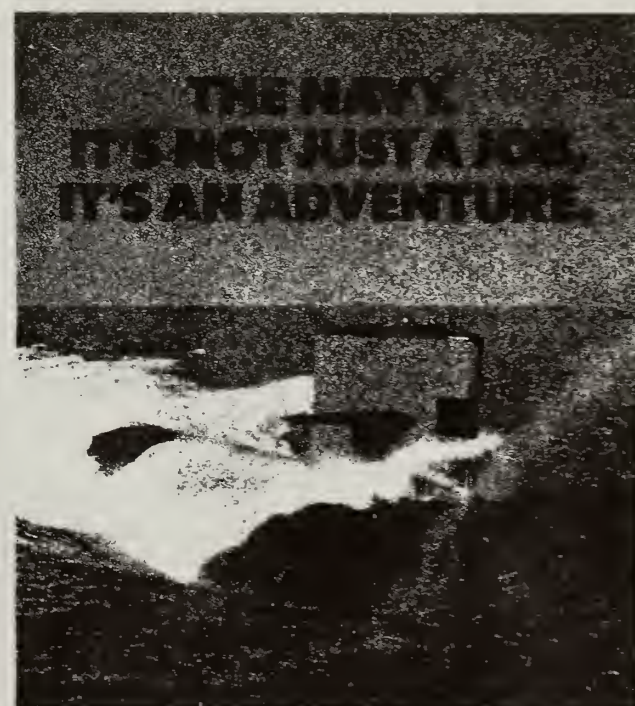
5444 East 21st Street
(Ritter and 21st Street)

Hours: 10:30 A.M. - 9:30 P.M.
Closed Sunday



brazier

IRVINGTON
PLAZA
6245 E. WASH. ST.
357-1141



In the Navy, a job means more than just a good paycheck.

It means the adventure of seeing places like Greece, Spain, Hawaii and Hong Kong. It means becoming an expert on exciting technical equipment in our submarines, on our jets, and in our ships. It means doing a job that really counts, with people who count on you to do it.

The Navy can give you training in more than 60 career fields. Talk it over with your Navy recruiter. He'll be able to tell you what you can qualify for in the Navy:

Chief John Eads 7 East Ohio 269-7156

Cliches evoke memories

By Susan Harlow

It seems odd that such an outrageous and certainly unconventional four years came to such a quick conventional end; the prom, vespers, commencement. The proms vary somewhat, even vespers change platforms, but commencement 1926, 1938, 1957, 1969, 1979. The years matter not. The names change. The faces are different. But the words, always the words are the same.

Out in front is the graduating class sharing the stage with the principal who looks like he invented pomposity.

Out in front are the parents. Somehow they all manage to look like they are proud of their sons and daughters, which shows how bad parents are when it comes to judging character.

The speaker, a big, gangling fellow, is introduced. He immediately pulls out a speech that will prove to be a compendium of all the cliches ever spoken at a commencement.

"Your future is before you," he says, turning aside, indicating he is talking to the graduates.

The speaker turns back toward the parents and friends and says: "We see here tomorrow's leaders."

"We're in trouble Ma," one of the fathers mutters to his wife.

Again the speaker turns to the graduates, raises his voice and says: "You are entering a new chapter in the

book of life."

John adjusts the tie that seems to be choking him under his robe, and thinks he'll stick to National Lampoon magazines.

"You have embarked on life's voyage."

"They'll never get me in the Navy," mutters the class radical.

"You get out of life what you put into it. . . Life is what you make it. . . Do whatever you will, but do it to the best of your ability. . . It's easier to smile than frown. . . Remember this night always. . . The man who sleeps at the switch causes train wrecks. . ."

Steve snores just loud enough for Sherri to hear. She nudges him. He doesn't consider it a favor.

Finally the speaker finishes. The principal goes to the podium and pulls out yellowed 3x5 cards he has used for the last 10 years.

"It is sad to see this class leave these halls of learning. It is the best class I've ever had the opportunity to be associated with. They are all

wonderful young men and women. . ."

"He'd say anything to get rid of us," think all the graduates. It would probably be the first and last time they all agreed on anything.

No matter how the final goodbyes to Howe are said, we each will carry with us our own memories and experiences. Four years may seem like a long time to some people, but for others it seems like a day. We all have had happy times at Howe, and we have had sad times too. We have felt the joys of victory, and have heard the laughter of lunch halls. We have experienced the pain of defeat, and have seen the tears of homecoming. . . once in awhile on the same night!

In all honesty, I have enjoyed high school, and I say my final goodbye with one laughing and one crying eye. The laughing one represents all the great times I have shared with many people, and the crying one represents the painful reality that I'll soon be a freshman again!

Duane a love that's yours forever.

I, Phyllis Vollmer, will to my little sister, Cecilia, my Christmas wrapping paper left from last Christmas. P.S. Don't forget my rocking chair for when I retire next year.

I, Lora Walters, will to Honey's love and smiles; the Choir harmony; Marc, Darin, and Amy good times; salt and sun to Camilla; all seniors success throughout life!

I, Pam Walters, will to Lynn Tanasovich all my love for being such a good friend; Jeanette, Trish, and Tash all the problems and pleasures of Howe.

I, Rickey Webb, will to Ronda Fields the rotten lockers that won't open when you got one minute before next period and the tricks I know to bug the teachers.

I, David Welch, will to Les the strength and will power to go on without me, I love you.

I, Leslie Ann Wilfong, will to next year's Hilltopper staff my job of corrupting Tobi;

Mr. Dinkens my optimism; Spears two "widgets"; nobody at Howe my heart.

I, Andy Wilkinson, will to Roy my sousaphone and Lynn the mouthpiece; Tobi my mouth (foot inserted); Stephanie and Lori my box and keys (to be divided as they see fit).

I, Kelly Wilkinson, will to my little sis, Cheryl Horsely, many good times; Mr. Yarber a new caddy with my ability to find lost golf balls in the creek.

I, Tammy Williams, will to my little sister, Kay Williams, my ability to make it to school late; Rhonda Snoddy my ability to make it out of school!

I, Sherri Wood, will to John Fagan all of his brother's romantic lines (limpid pools of grease is the best) and my permission to sing "You Love Me" whenever needed.

I, Brenda Wyatt, will to Mary my locker so you'll have two; Marg a forever friendship; Logan all my love forever.



LANMAN

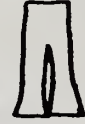
Flower Shop

4108 E. Michigan 356-6371
998 N. Fenton (850 E. 10th) 899-3990


10% off Cash and Carry

FAMOUS BRANDS

- 356-0881 -
- LINWOOD SQUARE -



JEANS, TOPS, AND CASUAL
SHOES FOR THOSE WHO
LIKE FASHION



10% OFF WITH HOWE I.D.


Indianapolis Baptist Temple

Welcomes You To

Indianapolis' Only Youth Church

Sunday 10 A.M. 2635 S. East Street

For Ride Call: 787-3232



6504 EAST 21ST
Next to Lindners
352-1555

CARRY-OUT • DELIVERY ONLY

HOURS:
Sunday thru Thursday 4:00-11:30
Friday and Saturday 4:00-1:00
Closed Monday!

**Offers you \$1.00 Off Any 14" or 16" Pizza
With This Coupon**

Eisenhut Drugs

5353 English Avenue
Phone: 357-4456

PASQUALE'S

6040 E. Washington St.
50 CENTS OFF ON A
15 INCH PIZZA



Circle City Florist


1515 N. Emerson

Evening & Holidays
359-7391

353-1071
356-2624

Flowers For All Occasions

Your "official" School Photographer



Prestige

253-1764

PHOTOGRAPHY

By Schaefer

COMMERCIAL PHOTOS
FAMILY PORTRAITS

BUSINESSMEN'S PHOTOS
SCHOOL PHOTOGRAPHY
WEDDINGS

PASSPORTS
I.D. CARD SERVICE

SCHOOL PHOTOGRAPHY (Seniors & Underclass)

Representing: *National School Studios, Inc.* 253-1884

SPECIALISTS IN SCHOOL PHOTOGRAPHY
5422 NORTH KEYSTONE AVENUE / INDIANAPOLIS, INDIANA 46220